



Lifestyles for **Diabetes**

Read it before you eat it

Enjoy your dinner celebrations by keeping your blood glucose levels within range with diabetes meal planning. Controlling your blood glucose levels can reduce the risk of developing the long-term complications associated with diabetes.

Diabetes meal planning means making choices based on reading nutrition labels and by counting carbohydrate grams. It's not a special diet that requires eating special types of food. It means choosing lean meats, starches, low-fat dairy products, fruits and vegetables.

Carbohydrates are found in starches, fruits, dairy products and sugar, and they make your blood sugar rise. Carbohydrates are measured in grams.

Counting carbs with food labels

If you read the nutrition labels to count carbohydrate grams, you'll need to add up the grams of carbohydrates in each of the foods you eat. This will give you a total of how many grams you are eating per day.

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Nutrition Facts	
Serving Size 1 bar (38 g) (Lemon Crunch)	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value	
Total Fat 4g	6%
Saturated Fat 1 g	5%
Cholesterol <5mg	<2%
Sodium 70mg	3%
Potassium 40mg	1%
Total Carbohydrate 24g**	8%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 6g	12%

Look at the serving size listed on this energy bar's nutrition label. One serving is one bar. If you have two bars, you are eating two times the amount of carbohydrates in one serving.



Counting carbs with food exchange lists

You may prefer to count carbohydrates using the food exchange list. Foods are grouped by type based on how many grams of carbohydrates, proteins and fats are in a serving of those foods. You can exchange, or trade, foods within a group for the same nutritional value. You can also compare them to foods in other groups.

There are many foods included in each food exchange group, allowing you to make choices based on what foods you like to eat. Be sure to include at least five vegetable and fruit servings each day. Speak with your doctor about how many daily exchanges from each food group meet your needs.

Food exchange group	Carbohydrate	Protein	Fat
Starch (bread, cereal, rice, pasta)	15 g (grams)	3 g	trace
Fruit (1 piece)	15 g	0 g	0 g
Milk (8 oz. of low fat or skim)	12 g	8 g	0 g
Other carbs (desserts)	15 g	Varies	Varies
Vegetables (1 cup)	5 g	2 g	0 g
Meat (3 oz. of lean)	0 g	7 g	3 g

One carbohydrate choice = 15 grams carbohydrate

This table shows how many grams of carbohydrates are in each type of food. Let's say you're deciding whether to eat fruit or salad for a snack today. You can have either because one piece of fruit has the same amount of carbohydrates as three cups of vegetables. If you need help with diabetes meal planning, please speak with your doctor.

Food exchange

15 grams
1 piece of fruit

15 grams
3 cups of vegetables




What do the claims mean?

Below is a list of some common claims seen on food packaging and what these claims mean, according to FDA regulations:

- **Calorie-free:** fewer than five calories per serving (specified on package)
- **Low sodium:** less than 140 milligrams of salt per serving
- **Low calorie:** fewer than 40 calories per serving
- **Low cholesterol:** less than 20 milligrams of cholesterol and 2 grams of fat per serving
- **Reduced:** 25 percent less of the specified nutrient or calories than the usual product
- **Good source of:** provides at least 10 percent of the daily value of a particular vitamin or nutrient per serving
- **High fiber:** 5 or more grams of fiber per serving
- **Lean (meat, poultry, seafood):** 10 grams of fat or less, 4.5 grams of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving
- **Light:** one-third fewer calories or one-half the fat of the usual food

Source: Health A to Z



Checkups

Have you had the following screenings, exams and shots within the last year?

<input checked="" type="checkbox"/> Blood pressure	<input checked="" type="checkbox"/> Foot exam
<input checked="" type="checkbox"/> HbA1c	<input checked="" type="checkbox"/> Flu shot
<input checked="" type="checkbox"/> Total cholesterol	<input checked="" type="checkbox"/> Dental exam
<input checked="" type="checkbox"/> LDL	<input checked="" type="checkbox"/> Urine microalbumin
<input checked="" type="checkbox"/> HDL	<input checked="" type="checkbox"/> Diabetes eye exam

These are general suggestions. Check with your primary care physician about how often you need these services.

Also, check with you doctor to see if your pneumonia shot is up to date.

Stay healthy this flu season

The best way to prevent the flu is to get a shot each fall. Copayments and deductibles may apply.

About two weeks after the shot, antibodies develop to protect you against the influenza virus. You can also protect yourself during the flu season by:

- Avoiding people who are ill
- Covering your mouth and nose when you sneeze or cough
- Washing your hands often
- Using hand sanitizers when soap and water is not available
- Keeping your hands away from your face and mouth
- Reminding your children or others who live with you to practice healthy habits

- Getting a pneumococcal shot, especially if you're over 65. Pneumococcal disease is an infection that can affect your lungs, brain and blood.

Source: Centers for Disease Control and Prevention

Symptoms of the flu:

- High fever
- Headache
- Tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms (more common in children)

Don't let the holidays get you down

Holidays are a time for celebration with family and friends, but for many people this time of year can be stressful, even depressing.

Holiday blues symptoms include:

- Trouble sleeping
- Lack of interest in activities that usually make you happy
- Crying for no reason
- Feeling hopeless or worthless

Holiday depression begins around Thanksgiving and lasts to the New Year. In most instances, medication is unnecessary. Keeping stress in check helps avoid holiday depression.

Do your best to avoid the stress:

- Set realistic goals. Make a list of what is important to you. Learn to say "no" if you can't meet a request.
- Enjoy the present and forget the past. Create new holiday traditions.
- Try to get along with your family. The holidays are not the time to resolve family problems.

- Volunteer to help others. Organizations need people to visit the sick, deliver food and serve holiday meals.
- Enjoy holiday activities such as building a snowman, ice skating, sledding, caroling and looking at holiday lights and decorations.
- Eat healthy. Alcohol and sugar cause fatigue and irritability. If you drink, do it in moderation.
- Excessive drinking doesn't solve problems and makes you feel worse.
- Avoid spending too much on gifts or entertaining. Set a budget and follow it. Money worries cause stress.
- Get enough sleep so you have the energy to cope with holiday demands.
- Make time to relax by yourself. Have fun doing activities you enjoy. Try doing something new.
- Stay focused on positive things. Surround yourself with supportive, caring people who make you feel good.

Source: Health A to Z



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